Review on Ayurvedic Management of Asrgdara (Menorrhagia)

Rathod Shweta N¹, Asokan Vasudevan², Jadhav Shriniwas³

¹PG Scholar, Parul Institute of Ayurved, Vadodara, Gujarat, India.
²Prof. & Head of Dept. of Prasuti Tantra and Stree Roga, Parul Institute of Ayurved
³Assist. Professor, Dept. of Prasuti Tantra and Stree Roga, Parul Institute of Ayurved

Corresponding Author: Rathod Shweta N

ABSTRACT

Menorrhagia is a commonest gynecological problem characterized by cyclic bleeding in excessive amount or duration or both among 30% of women in reproductive age. Asrgdara or Raktapradara in Ayurveda is characterized by excessive or prolonged menstruation with or without inter-menstrual bleeding. In modern medicine haemostatic, analgesic and hormonal therapies are advised for menorrhagia, which has limitations. Hence it is need of time to have an integrated and comprehensive therapeutic intervention in Ayurveda to prevent recurrence. Sodhana and Shamana therapies are advised but if Rugnabala is diminished then only Shamana is advisable. Many herbal and herbomineral preparations are mentioned in Ayurveda to cure Asrgdara and related symptom which can be used as per Anubandha Dosha and Lakshana. Since Asrgdara is mainly due to VataPitta Dosha; Kashaya Rasa and Pittashamaka Chikitsa may be adopted. Ayurvedic formulations help in breaking down the pathogeneses of Asrgdara and its recurrence.

Keywords: Asrgdara, Nidan-Samprapti, Chikitsa, Ayurveda

INTRODUCTION

Asrgdara means Dirana i.e. excessive excretion of Asruk. Due to Pradirana of excessive Raja is also termed as Raktapradara. [¹] In Modern it is correlated with menorrhagia. It is defined as cyclic bleeding at normal intervals, the bleeding is either excessive in amount (>80ml) or duration (>7days) or both. [²] It is common problem among women in the reproductive age. Excessive menstrual blood loss interferes with the woman’s physical emotional social and psychological quality of life. In India reported prevalence of AUB is around 17.9%. [³] It leads to loss of reproductive function and may result in surgical intervention. WHO reports that 18 million women aged 30-55 years perceive their menstrual bleeding exorbitant. Here a review on Asrgdara and its Dosha pratyaneeka Chikitsa in Ayurveda with the etiological factors, pathogenesis and management of Asrgdara with herbomineral and herbal formulations are mentioned.

Aim: Aim of this review is to evaluate and discuss about Asrgdara, its etiology and pathogenesis.

Objective: Is to elaborate the Ayurveda management of Asrgdara

MATERIAL AND METHOD

Review of literature from Brihatrayee and other Ayurveda literatures related to Asrgdara, and from e-sources were compiled.

CONCEPTUAL STUDY:

Definition of Asrgdara according to Ayurveda:

The quantitative increase in blood it termed as Asrgdara and excessive discharge of blood is termed as Pradara. [³] Excessive flow and prolonged duration of menses during menstrual cycle or inter-menstrual bleeding known as Asrgdara. [⁴] All type of Asrgdara associated with body ache and pain [⁵] with excessive burning sensation in lower portion of groin, pelvic region, back renal angle. [⁶]
According to modern Asrgdara is correlated with menorrhagia. It is Greek word men=menses and rrhagia =bust forth. It is cyclic bleeding at normal intervals, the bleeding is either excessive in amount i.e. >80ml or duration i.e. > 7 days or both.

**ASRGDARA NIDAN** [7,5,8]

<table>
<thead>
<tr>
<th>Aharaja</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Karma</th>
<th>Dravya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amla</td>
<td>Guru</td>
<td>Snigdha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Dhatvagnimandya strotodushitakara Rakta atipravrutti Raktavikaras Daurbalyata Vidaha Adbhushyand Pandu Gramiya and Oudaka Mamsa, Dadhi Payasa Sukta Mastu Sura Krushra Virudhaahaa Madhya Adhyasan Ajjana</td>
<td></td>
</tr>
<tr>
<td>Lavan</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Katu</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vihara</th>
<th>Diwa swapna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vataja</td>
<td>Pittaja</td>
</tr>
</tbody>
</table>

| Manasika | Shoka, Krodha, Bhaya |
| Anya     | Abhigataja, Vatapurita Khiseeranadi |

**Clinical conditions**
- Pitta vriddhi, Pittajartava dushti, Pittavrutra Apana Vata, Kunapagandhi Artavadushti, Asruja, Lohitakshara, Rakta yoni, Parapita.

---

**Fig. No. 1. Samprapti of Asrigdara**
TYPES OF ASRGDARA WITH SPECIFIC CHARACTERISTICS: [9,5,10-15]

1. Vataja: Menstrual blood is frothy thin rough blackish or reddish kinshukodaksankasha, Pishitodaksan-kabha, lohagandhi, expelled with or without pain, discharge repeatedly in small amounts. Severe pain in sacral groin, cardiac region, flanks, back and pelvic, vatika type of pain.

2. Pittaja: Menstrual blood is blue, yellow colour, hot, expelled profusely repeatedly with pain. Aamgandhi, Gomutraabha, Katurasa, Disliked by ants, does not clot, Gruhadhuma, Rasanjana sadrasha, Katurasa spreads evenly when dropped in water.

3. Kaphaja: Menstrual blood is Slimy Pale Heavy Unctuous Cold Mucoid Thick and discharged with Mild pain. Relatively more bleeding, Gairikodaka excretedslowly, clots like mamsapeshi, kovidarpasadrashya, vasagandhi, Pulaktoypritimam, lavanrasa associated with vomiting loss of appetite nausea kasa swasa.

4. Sannipataja: Menstrual blood is Kanjikabham, blue like bronze, yellow, foul smell, the flow resembles ghee, vasa and Majja associated with thirst burning sensation, anemia, weakness and all combine symptoms of Tridosha.

UPADRAVA: [8]
Daurbalya, Brhma, Murcha, Tama, Daha, Pralap, Panduta, Tandra, Vataja roga like Akshepaka.

PROGNOSIS: [17,18]
Incurable: Sannipataja and if there is features of continue bleeding Trushna Daha Jwara Daurbalyata Tana Andhakar Swasa Vataja roga.

SHAMAN CHIKITSA

DRUGS FOR EXTERNAL USE:
1. Vyaghranakhi (Solanum surattense) grown in the northern direction at uprooted during Uttarphalguni Nakshatra the root tied around waist cures Rakstapradara. [10]

2. Shatapushpa oil for Nasya and Abhyanga is beneficial. [11]

DRUGS FOR INTERNAL USE:

KASHAYA:
1. Pradarhara Kashaya: Kashaya Of Khadira, Sita, Bala, Asana, Sariva, Vasa, Japa, Musta, Salmali Twak, Amalaki administered with sugar and honey. [12]

2. Asrgdarahara kashaya : Musta, Guduchi, Madhuka, Chandana, Sevya, Viswa, Masa, Agnimantha, Kana, Mudga, Kulatha, Chitraka administered early morning with honey. [13]


**KALKA AND CHURNA:**
1. Kalka of Tanduliyaka Mula with Madhu or Rasanjana with Madhu and rice water. [16]
2. Rasanjana and Laksha Churna taken with goats milk. [17]
3. Pushyanug Churna: Patha, Jambu, Amra, Silajita, Rasanjana, Ambashtha, Mocharasa, Samanga, Kesar, Ativisa, Mustaka, Bilwa, Lodhra, Gairika, Katphala, Marich, Sunthi, Mridhwika, Raktachandand, Katvanga, Vatsaka, Ananta, Ghataki, Madhuka, Arjuna administered with honey followed by rice water. [18]
4. Vishveladi Churna: Shunthi, Ela, Kana, Musali, Gokshura, Vanshi, Sita. [19]

**KSHEERA PRAYOGA:**

**MODAKA:**
1. Alabu phala or Malaya (Kakodambari) mixed with equal quantity of sugar and honey. [21]

**AVALAHEA:**
1. Madhukadhyavleha: Madhuka, Chandana, Laksha, Rakta Utpala, Rasanjana, Kusa mula, Balamula, Vasaka mula, Bilwa seeds, Mustaka, Bilwamajja, Mocharasa Daruharidra, Dhakati, Pushpa, Ashokatwak, Draksha, buds of Japakusuma, Amrapatra, Nalinipatra, Jambu, Satavari, Vidarikanda, Rajatabhhasma, Lauhabhasma Abharaka bhasma, sugar and Shatatavari Swarasa. [22]

2. Jirakavaleha: Jiraka, Lodhra ksheera ghrita sugar, Chaturjatka, Kana, Vishva, Ajaji Musta, Balaka, Dadima rasaja, Dhanyaka, Rajani, Shadvasakam, Vanshaja taavsheeri. [23]


**GHRITA:**
1. Mudgadya ghrit: Mudga masa rasas chitraka musta pippali bilwa. [25]
2. Shalmali ghrit: salamali prushnaparni fruit of kasamari kalka of chandana. [26]
3. Shit kalyanak ghrit: Kumuda Padmaka Usira Godhuma Red Sali Mudgaparni Payasa Kasamari Madhuyashhti Bala Atibala Utpala Talmastaka Vidari Satpushapa Saliparni Jivaka Triphala seeds of Tripura unripe fruit of banana milk water Ghrit [27]


5. Shatavari ghrit: Satavari, Milk, Kalka Of Astavarga, Madhuyasti, Chandan, Padmak, Gokshur, Kapikachhu, Sada, Nagabala, Salaparni, Prushniparni, Vidari, Sariva, Krushna Sariva, Sarkara, Kasamari. [29]


**VATI KALPANA:**
1. Gokshuradi Guggulu: Gokshur, Guggulu, Trikatu, Triphala, Musta [31]

**VARTI KALPANA:**
1. Apamargadi varti: Apamarga Mula, Gokshura, Khadira, Ahiphena. Use of this varti, is indicated for control of excessive menstrual flow. [32]
ARISHTA:
1. Ashoakarishta: Ashoka Twaka Guda Dhataki Ajaji Musta Sunthi Daru Utpala Phalatrika Amrasti Jiraka Vasa Chandan [33]
2. Patrangasav: Patranga, Khadira Vasa Salmali Bala Bhallatak Sariva Japa Kusuma Utpala Amrasti Darvi Bhumimba Ahiphena Bilwa Bharungraj Twacha Kumkuma Lavang Draksha Dhatki, Sarkara Madhu [34]

RASAYOGA:
2. Pradarippu rasa: Rasa, Gandhaka, Sisa, Rasanjana, Lodhra, Vasa administered with Madhu [36]
3. Bola parpati: Parada, Gandhaka, Bola churna administered with Honey and Sugar [37]
4. Pradarari rasa: Langabhasma, Lauhabhasma, Ahiphena, rasa Sindura, Raktotpala Rakta Chandan, Ashoka Kwatha [38]

SODHANA CHIKITSA:
- Basti Prayoga:
  Basti is beneficial after 2-3 Niruha basti, Uttar basti and it should be given during rutukala as orifice is open thus receives sneha easily. During emergency basti may be used at any time [40]
1. Rasnadi Asthapan Basti: Rasna, Aragyadh, Katuka, Ushira, Trayaman, Ketaki, Sahadevi, Kumari, Parpata, Ramasitalika, Satavari, Katuka, Guduchi, Satva, Parpata, Usira, Madhavilata, Swetchandan, Sariva and Draksha [41]
2. Chandanadi Niruha basti: Chandan, Padhmak, Ridhi, Rasna, Brisha, Sariva, Lodhra, Manjista, Bala, Shthira, Trina Panchmula [42]

3. Madhukadi anuvasan basti: Madhuka, Usheer, Kashmari, Katuki, Utpala, Chandan, Shyama, Padmaka, Jimutaka [43]
4. Lodhraldi asthapan basti: Lodhra, Chandan, Manjista, Rasna, Ananta, Bala, Sariva, Kasamari, Meda, Madhuka, Padmaka, Sthira, Trina Panchmula [44]
5. Pichcha basti with Mocharasa and Panchaphala [45]

VAMAN PRAYOGA:
Vaman is mentioned for Adhog Raktapitta [46]
1. Madanphala, Saktu, Maddhu Sarkara [47]
2. Madanphala manth/ ikshurasa madhu sharkara [48]
3. Madanphala Yastimadhu Nagarmoth kwatha

NASYA PRAYOGA: [48]
1. Shudha go ghrita
2. Vasa ghrita
3. Vasa swarasa
4. Kamalpatra swarasa
5. Shatavari ghrita

DISCUSSION
Shudha artava is one of the most important factor for the healthy progeny. Asrgdara is Sanskrit word which means excessive bleeding from uterus during menses or intermenstrual. It can be correlate with menorrhagia. As the disease characterized by excessive flow of blood out of the body and blood (rakta) is known to be as vital (Jeeva) its Chikitsa becomes very important. Different type of Samprapti, Dosanubandha and Anubandhita Lakshana are seen in every patient of Asrgdara. So the treatment should be depends on the basis of Doshanubandha and Samprapti Vighatana that is Avasthika Chikitsa. Certain herbal or poly herabal ayurvedic drugs are used to reduce raktapradar and its complications. Asrgdara treated with Raktasthamabhak, Raktasthapak, Dipan, Panchan Bruhaniya Balya Chikitsa by using Madhur Tikta Kashaya rasa pradhana dravyas in different type of samprapti of Asrgdara. Vata pradhan Raktapradar treated with Madhur Amla
Lavana Snigdha Guru Ushna Anuloman Aushadhi i.e Taila Tila Madhu Lavan Ela Nagar Mamsa rasa etc. and Basti chikitsa. Pitta pradhan Raktapradar treated with Madhur Tikta Kashaya Snigdha Shita Stambhan Dipan Pachan Aushadhi i.e Ghrita Madhuka Lodhra Musta Triphala Nimba Guduchi etc and Virechan chikitsa. Kapha pradhan Raktapradar treated first with Aama pachana chikitsa and then treated with Tikta Katu Kashaya Laghu Stamban Aushadhi i.e Madhu Nimba Lodhra Triphala and Vaman chikitsa. Virechan is appropriate Samanya Chikitsa for Raktapradara as it is mainly use for the Pitta dushti and as pitta and raktu have ashray ashrayi bhava virechan is also beneficial for Rakta dushti.

CONCLUSION
Asrgdara is a common Artavvikara, characterized by excessive uterine bleeding with complications. Modern treatment with analgesics and hormonal therapy has limitations, side effects and which also leads to the recurrence of disease. Ayurveda have number of herbal and polyherbal compound drugs useful to manage Asrgdara and related symptoms and complications.

REFERENCES
4. Patil Vasant ,M.N.Rajendra,Susruta Samhita, Volume 2,Chaukhamba Publications, New Delhi,Su.Sha. 2/18,19,Page No.128
7. Tripathi Bhrahmanand ,Charak Samhita Volume 2,Chaukhamba Surbharti Prakashan, Varanasi Cha.Chi.30/205 Pg.1044
8. Vaidhya Jayamini Pandey Harita Samhita, Chaukhamba Visvabharti Pra.8/10
11. Tripathi Bhrahmanand ,Charak Samhita Volume 2,Chaukhamba Surbharti Prakashan,Varanasi Cha.Chi.30/211 Pg.1045
15. Patil Vasant ,M.N.Rajendra,Susruta Samhita, Volume 1,Chaukhamba Publications, Neh Delhi,Su.Su.14/21, Pg.178
16. Patil Vasant ,M.N.Rajendra,Susruta Samhita, Volume 2,Chaukhamba Publications, Neh Delhi,Su.Sha.2/19,20, Pg.128
17. Tripathi Bhrahmanand ,Charak Samhita Volume 1,Chaukhamba Surbharti Prakashan, Varanasi Cha.Chi.18/ Pg.367
18. Pandit Shri Bhrrma Shankar Mishra Bhavaprawaksh Volume 2 Chaukhamba Sanskrit Bhavan 68/8 Pg.761
19. Tripathi Bhrahmanand ,Charak Samhita Volume 2,Chaukhamba Surbharti Prakashan, Varanasi Cha.Chi.30/227 Pg.1047
22. Ramnigas Sharma. Sahstrayoga, Chaukhamba Sanksrut Pratishthan Kashay Prakaran Pg.7